



Hello,

For generations, the local population has been using leaves, flowers, wood, tree bark and many more as medicine, as there are hardly any medical doctors in the villages of Raja Ampat.

Let us tell you a little about the **medicinal plants of Pulau Pef**.



Beti works in our housekeeping and comes from Selpele, a village in the north of Raja Ampat. On a tour of the island she guided Maya from plant to plant and from tree to tree, while explaining to her which medicinal plants can be found on Pulau Pef and how they are used.

Unfortunately, neither Beti nor we know the name of this climbing plant with the long leaves, but it is used by chewing the tip and applying the chewed mass on a wound: **stops bleedings.**



### ***Ufelen***

Soak the leaves in hot water, let it cool down and bathe in it:

**helps against tiredness and weakness.**

Mix leaves with water, filter and drink it: **helps against fever and infections - very bitter!**

### ***Anggrek Batu***

Cut the leaves of this orchid into pieces, place them in hot water, let it



cool down and bathe in it:  
**helps against discomfort, but is only used for babies.**



### ***Pohon Mangi Mangi***

Let the bark of this mangrove tree soak in hot water and drink it:  
**helps against fever, but is also very bitter!**

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## **Joy of Life**

The joy of life of people here is incredibly infectious. This is why we would like to share it with you, because we believe it is good for your #BodyAndSoul.

Watch the first two short films of our new series «Joy of Life» and let yourself be carried away by this joie de vivre.

Laughing also strengthens your immune system!



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## **«Raja4Rice» continues...**

Many thanks to all who have already bought rice, who continue to support the project and also to those who would like to still make a contribution!

Take me to  
Raja4Rice

Wishing you a wonderful October and sending you kind regards from Pulau Pef!

Your Raja4Divers team

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**#TalkingWithMangroves**  
The blog every Friday on [raja4divers.com](http://raja4divers.com)

**Follow us on social media!**

We look forward to seeing your holiday pictures from Pulau Pef.  
Please use the hashtags **#raja4divers** and **#pulaupef** to tag us.

